Collaboration 2- Smart Living Guide

LIFE SKILLS LAB PROJECT

Developed as part of the Life Skills Lab project, the Smart Living Guide is a collaborative and highly visual publication. By integrating student projects, real-world examples, photographs, and vibrant infographics, it highlights essential themes like everyday mathematics, healthy living, digital citizenship, and media literacy. Ultimately, the guide aims to inspire students to evolve into responsible, critical thinkers and lifelong learners.

Mathematics in Daily Life

RESEARCH FINDINGS: SLEEP & ACADEMIC SUCCESS

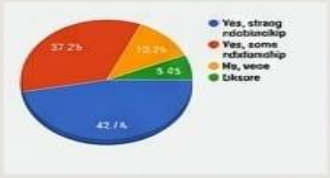
LIFE SKILLS PROJECT

eTwinning

Global Citizens

PERCEIVED RELATIONSHIP

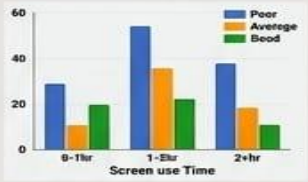
Majority believe sleep affects success.



Majority believe sleep affects success.

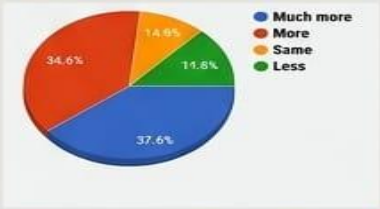
PRE-SLEEP SCREEN TIME

Over 2 hours of screens negatively impacts sleep.



Over 2 hours of screens negatively impacts sleep.

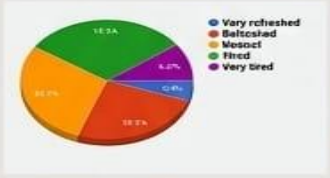
WEEKEND SLEEP CHANGES



34.6% keep the same schedule; 37.6% sleep more.

POST-WAKE REFRESHMENT

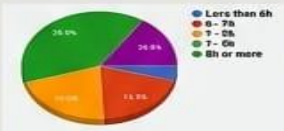
Less than half feel refreshed upon waking.



Less than half feel refreshed upon waking.

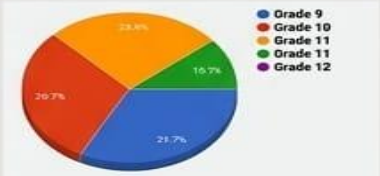
AVERAGE AVERAGE SLEEP DURATION

Most students sleep 6-8 hours; 29.8% sleep less than 6.



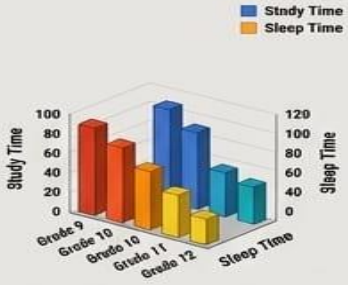
Most students sleep 6-8 hours; 29.8% sleep less than 6.

STUDENT GRADE BREAKDOWN



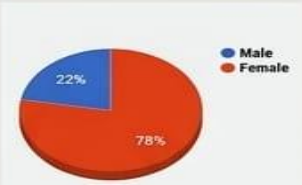
Sample includes all high school grades.

STUDY TIME VS. SLEEP TIME



Longer study sessions reduce sleep duration.

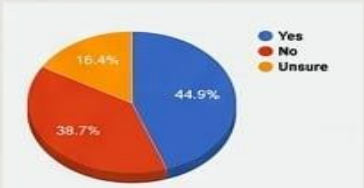
GENDER DISTRIBUTION



78% Female Participants

BELIEF IN BETTER SLEEP FOR ACADEMIC GAIN

Almost half believe better sleep will boost grades.



Almost half believe better sleep will boost grades.

HOW TO BE A GOOD CITIZEN

Small actions. Big impact.

A good citizen cares, respects, and contributes to make the world a better place for everyone.

RESPECT OTHERS
Be kind, honest and respectful to everyone, no matter their background.

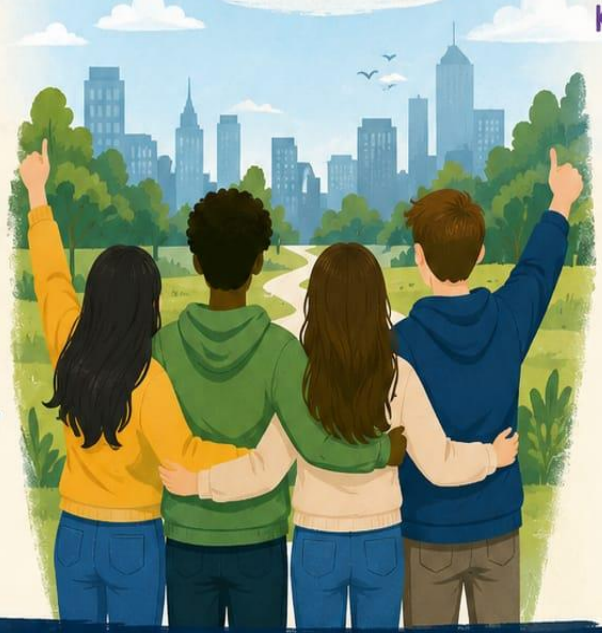
BE RESPONSIBLE
Follow the rules, take responsibility for your actions and do your best in everything you do.

TAKE CARE OF YOUR ENVIRONMENT
Keep your community clean and safe. Protect nature and use resources wisely.

GET INVOLVED
Participate in your community and support activities that make a positive difference.

KNOW YOUR RIGHTS AND DUTIES
Stay informed, vote responsibly and have a voice in decisions that affect your life.

BE EMPATHETIC
Understand others' feelings and help those in need. Together, we are stronger.



Be the change. Be a good citizen.

TOGETHER, WE BUILD A BETTER TOMORROW.

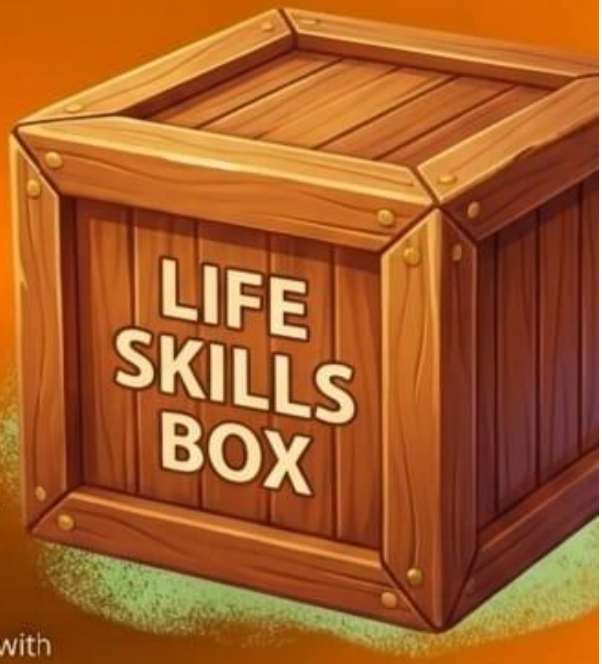
Glebal Citizens

Twinrimg

LIFE SKILLS LAB

SMART LIVING GUIDE

A PRACTICAL GUIDE TO EVERYDAY SKILLS THROUGH MATHEMATICS, HEALTHY HABITS, DIGITAL CITIZENSHIP AND MEDIA LITERACY.



MATHEMATICS
Financial planning and managing personal budgets

SLEEP & SUCCESS
Optimizing rest for cognitive growth and achievement

DIGITAL CITIZENSHIP
Navigating the online world with safety and responsibility

MEDIA LITERACY
Analyzing information critically and detecting misinformation

PRACTICAL
TIPS & EXAMPLES

EASY TO FOLLOW
STEP BY STEP

REAL LIFE
SKILLS FOR EVERYDAY SUCCESS